

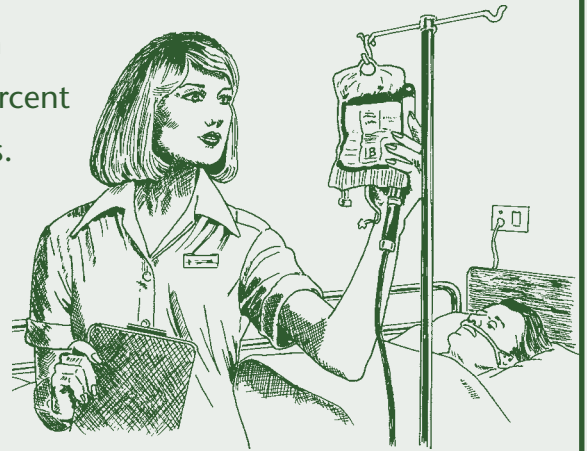
# TOBACCO FACT SHEET

## Smoking and Cancer

Cigarette smoking is the chief preventable cause of death and disability in the United States. Smoking causes 87 percent of lung cancer deaths and 30 percent of all cancer deaths.

### Mississippi Facts

- ▲ In 2000, 23.4 percent of adults were smokers
- ▲ In 2001, 67.8 percent of public school students in grades 9 to 12 had tried cigarette smoking at some point during their lifetimes, meaning even one or two puffs.



### A Healthy People 2010 National Objective:

To slow the rise in lung cancer deaths to achieve an age-adjusted rate of no more than 44.9 per 100,000 population. (Rate age adjusted to the 2000 U.S. standard population)

### The Facts

- ▲ Cigarette smoking is the leading known cause of lung cancer, the most common cause of cancer death in the United States.
- ▲ Lung cancer kills more people than cancers of the colon, breast, and prostate combined.
- ▲ Cigarette smoking contributes to the development of cancer throughout the body.
- ▲ Each cigarette contains more than 4000 chemicals, 43 of which can cause cancer.

### The Risks

- ▲ The effects on health from smoking build up over time.
- ▲ The risks of becoming ill because of smoking increase the more a person smokes. It depends upon:
  - ✓ How long one smokes
  - ✓ How much one smokes
  - ✓ How deeply one inhales



# What Can Be Done

## By Adults:

- ▲ Quit smoking immediately and lower your risk for cancer.
- ▲ Change behaviors, i.e., begin an exercise/nutrition program.
- ▲ Talk to your doctor.
- ▲ Educate yourself on the harmful effects of tobacco use.
- ▲ Quit with a friend.
- ▲ Attend a cessation class.

## By Youth:

- ▲ Don't start.
- ▲ Encourage peers not to start.
- ▲ Educate yourself about the harmful effects of tobacco use.



Produced by —



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